



DISCOVERY VITALITY 2022

Get healthy. Get rewarded.

GET STARTED ON YOUR VITALITY JOURNEY

Vitality makes choosing to lead a healthy lifestyle even more rewarding. Vitality offers you a science-based behaviour change programme that helps you keep track of your progress towards a healthier you and rewards you for making better choices with a premium range of health, lifestyle, and leisure benefits.



Click on the Vitality journey to understand more about how Vitality works.

HOW TO EARN VITALITY POINTS

You can earn Vitality points every time you take a step to know or improve your health. All these points add towards your Vitality status.

Points members aged 18 – 64 can earn

ONLINE ASSESSMENTS

Find out your **Vitality Age** 1 500 points
Understand your **mental wellbeing twice a year** 500 points per assessment

EAT HEALTHILY

Buy HealthyFood items at Pick n Pay or Woolworths. up to 12 000 points
Visit a dietitian 1 000 points

VITALITY HEALTH CHECK

Do a Vitality Health Check at an accredited Vitality Wellness Centre, Vitality Wellness Network pharmacy, Discovery Store or Discovery Wellness Day.

Your Vitality Health Check includes:

- 01 Blood pressure
- 02 Blood glucose
- 03 Cholesterol
- 04 Weight assessment
- 05 Non-smoker's declaration

Earn up to 22 500 Vitality points based on how many of your results are in range and how many of them may indicate an elevated risk of developing a lifestyle-related disease.

One Vitality Health Check a year is paid from the screening and prevention benefit of most medical scheme plans administered by Discovery Health.

DO FURTHER HEALTH CHECKS

Earn Vitality Health points based on your age and gender:

Pap smear 2 500 points
Mammogram 2 500 points
Colonoscopy 2 500 points
Dental health check 1 000 points
Flu vaccine 1 000 points
Initial HIV test 7 500 points
Annual HIV test thereafter 1 000 points
Being registered for a condition management programme 2 500 points
Glaucoma screening 2 500 points

EARN VITALITY POINTS AS YOU EXERCISE

Exercise at the gym or approved fitness facility up to 100 points per day
Track your exercise on your smartphone or fitness device up to 300 points per day
Complete an online workout through a Vitality-accredited partner 50 points per day
Complete a free parkrun up to 300 points per event
Participate in a Vitality virtual event up to 300 points per event
Participate in a Vitality-timed race event up to 3 000 points per event
Play a round of golf 100 points per event

VITALITY FITNESS ASSESSMENT

Earn 2 500 points and up to 5 000 additional points depending on how fit you are. You can earn up to 15 000 points if you achieve the upper levels of the Vitality High Performance Fitness Assessment.

Additional points members 65+ can earn

VITALITY HEALTH CHECK FOR 65+

Your Vitality Health Check for 65+ includes:

- 01 Blood pressure
(with adjusted in-range results)
- 02 Blood glucose
- 03 Cholesterol
- 04 Weight assessment
(with adjusted in-range results)
- 05 Non-smoker's declaration

Earn Vitality points based on how many of your results are in range and how many of them may indicate an elevated risk of developing a lifestyle-related disease, up to a maximum of **22 500** points.

PLUS you will complete the following pre-screening tests to understand your health risks:

- 06 Hearing screening test
- 07 Vision screening test
- 08 Falls risk assessment

Earn **500 Vitality points** for completing all three pre-screening tests, adding to your maximum of **22 500 points**.

One Vitality Health Check for 65+ a year is paid from the screening and prevention benefit of most medical scheme plans administered by Discovery Health.

SPECIALIST REFERRALS

Get referred to selected specialists based on your health risks identified during the health check, and earn Vitality points for the assessment and management of your health risks.

- Extended consult with a Premier Plus GP up to **2 500 points**
- Optometrist consult..... up to **3 500 points**
- Audiologist consult..... up to **1 000 points**

VACCINES

- Flu vaccine (March – September)..... **2 000 points per year**
- Pneumococcal vaccine..... **1 000 points per lifetime**
- Shingles vaccine **1 000 points per lifetime**

EARN EVEN MORE POINTS AS YOU WORK OUT

- Complete 7 500 steps **100 points per day**
- Light workout for 60+ minutes **200 points per day**
- Moderate workout for 30+ minutes **300 points per day**

How to earn a Vitality status






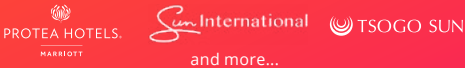

Earn Vitality points by getting active, eating well and doing all your health checks. You'll enjoy a variety of rewards at each status level and the healthier you get, the higher your Vitality status.

At the start of every year, your Vitality points reset to zero but you still keep the rewards and status level that you earned the previous year. This is to help encourage you to keep healthy year-on-year.

	Blue	Bronze	Silver	Gold	Diamond
1 adult	Start on Blue Vitality status	7 500	25 000	40 000	50 000
2 adults		15 000	50 000	80 000	100 000
Additional adult dependants		3 750	12 500	20 000	25 000

YOUR VITALITY BENEFITS IN A SNAPSHOT








You can enjoy these savings from the day your Vitality membership starts.

	SAVINGS	WHAT YOU NEED TO KNOW
 Gym contract (Adults)	Up to 75%	▶ Your maximum saving depends on how many times you exercise at the gym in a month. You can boost this saving up to 100% with Discovery Bank.
 Gym contract (Kids)	50%	▶ The main Vitality member needs to be a gym member for your child to get the benefit.
 Ster-Kinekor (Adults)	Half price	▶ For all 2D and 3D movies. Save 25% at IMAX, Cine Prestige or NT Live.
 Ster-Kinekor (Kids)	Free	▶ Kids enjoy free movies before 7pm, once you've completed an Online Kids Vitality Health Review.
 Flights	15% - 35%	▶ Saving depends on your Vitality status. You can boost the saving on 2 flight bookings up to 75% with Discovery Bank.
 Hotel accommodation	25%	▶ Choose from thousands of hotels, B&Bs, lodges, apartments and boutique hotels.
 Car hire	25%	▶ Unlimited car hire throughout the year.

If you join Vitality more than 3 months after joining a medical scheme administered by Discovery Health (Pty) Ltd, there is a 3-month waiting period before you can enjoy the travel benefit.

YOUR VITALITY BENEFITS IN A SNAPSHOT

Some benefits require you participating in various health activities to maximise the rewards.

	ACTIVATE THE BENEFIT	FIND OUT YOUR VITALITY AGE	DO A VITALITY HEALTH CHECK	REACH YOUR VITALITY ACTIVE REWARDS EXERCISE GOALS	INCREASE YOUR REWARDS THROUGH DISCOVERY BANK
 HealthyFood rewards	10%	▶ 15%	▶ 25%	▶	Up to 75%
 HealthyCare rewards	10%	▶ 15%	▶ 25%	▶	Up to 50%
 HealthyBaby rewards	10%	▶ 15%	▶ 25%	▶	Up to 50%
 Vitality Active Gear savings Sports gear and equipment	10%	▶ 15%	▶ 25%		
 Vitality Active Gear savings Fitness devices	10%	▶ 15%	▶ 25%	▶ Up to 50%	▶ Up to 75%
 Vitality Active Gear savings Nike performance gear and apparel	10%	▶ 15%	▶ 25%	▶ Up to 50%	▶ Up to 75%
 HealthyDining rewards	10%	▶ 15%	▶ 25%		

THE BEST WAY TO GET YOUR NEXT APPLE WATCH OR IPHONE



Get a Discovery Bank credit card and fully fund your next **Apple Watch** when you achieve your Vitality Active Rewards exercise goals over 24 months.



Achieve your Vitality Active Rewards exercise, drive and money goals every month to get cash back on your **iPhone**.



VITALITY ACTIVE REWARDS

Vitality Active Rewards allows you to track and improve your exercise, drive and spending habits, and enjoy exciting rewards as you reach your goals. When you achieve a weekly goal, you get a play on the gameboard and a chance to earn Discovery Miles to spend on rewards of your choice in the Vitality Mall.

REACH PERSONALISED GOALS

Exercise

- Exercise at Virgin Active, Planet Fitness or Moove gyms
- Track your exercise on your smartphone or a Vitality-linked fitness device
- Complete an online workout through a Vitality-accredited partner connected to Octiv
- Complete a free parkrun
- Participate in a Vitality virtual event
- Participate in a Vitality-timed race event with Team Vitality
- Play a round of golf



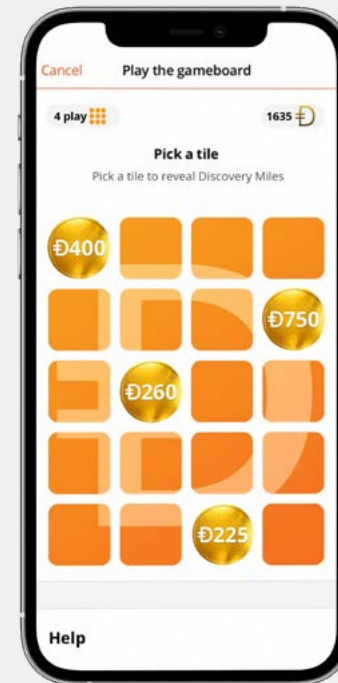
Drive

- No cellphone usage
- No harsh braking
- No harsh acceleration
- No speeding
- No excessive acceleration

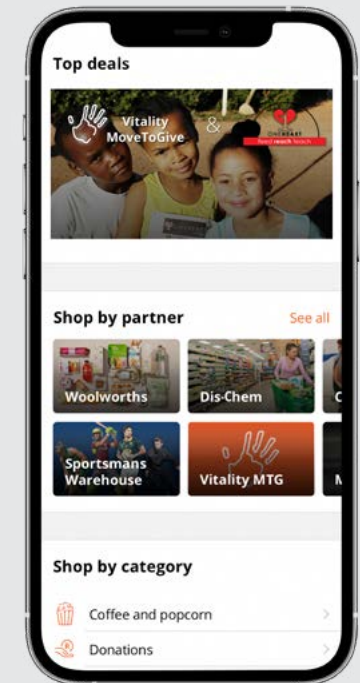
Money

Earn points for purchases over R20 made with your Discovery Bank card. Spend responsibly and maintain your Discovery Bank savings balance. You can close your money ring at your own pace, as points carry over until you reach your goal.

PLAY THE GAMEBOARD AND EARN DISCOVERY MILES



SPEND DISCOVERY MILES IN THE VITALITY MALL



VITALITY FOR EVERY STAGE OF YOUR LIFE

We know that your health needs will change throughout your life. So, we've adapted to reward you for participating in healthy behaviours at every stage of your life.

That's why you have access to these additional programmes within Vitality, at no extra cost.



PREGNANCY AND UNTIL YOUR BABY IS 2

- Get up to **50%** back on strollers, nappies, baby essentials and more at Baby City, Babies R Us and Toys R Us.
- Receive a Vitality Baby **gift box** filled with useful information and exciting gifts for you and your baby.
- Pregnant women earn **extra** Vitality points for eating well and exercising safely during pregnancy.



KIDS AGED 3 - 13

- Kids get to earn their own **Discovery Miles**, and can redeem them for age-appropriate rewards through Vitality Active Rewards for Kids.
- Watch movies for **free** before 7pm.
- Get **50%** back on kids' healthy meals at HealthyDining partner restaurants.



TEENS AGED 14 - 17







- Teens can earn their own **Discovery Miles** by achieving their weekly exercise goals through Vitality Active Rewards for Teens.
- Watch movies for **free** before 7pm.
- Save up to **50%** on monthly membership fees at Virgin Active or Planet Fitness.



VITALITY 65+

- Save up to **75%** on selected health monitoring devices at Dis-Chem
- Get **25%** off all Vitality Active Rewards redemptions R350 and up
- Get the full activation fee **refunded** with the Apple Watch for 65+ benefit.
- Get up to **50%** premium payback every year based on your Vitality Drive status

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To join Vitality or to find out more about our other Vitality products, visit www.discovery.co.za. You can also contact your financial adviser or your company's HR representative.

VITALITY RATES	Member R305	Member + 1 R370	Member + 2 or more R430
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